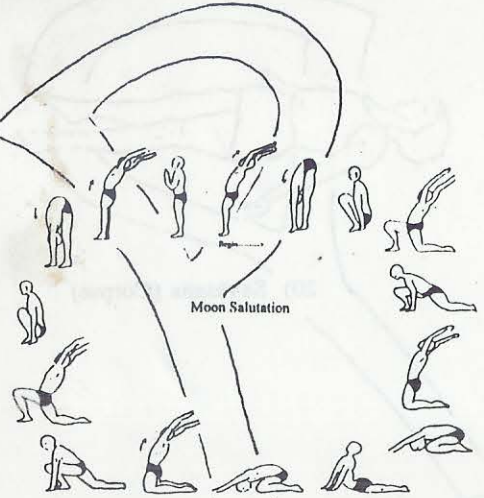


PITTA BALANCING SEQUENCE



1) Chandra Namaskara (Moon Salutation)

2) Cool-down Walk



3) Utthita Trikoṅāsana (Extended Triangle)



4) Parivṛtta Trikoṅāsana (Revolved Triangle)



5) Setu Bandha Sarvāṅgāsana (VP) (Half Bridge)

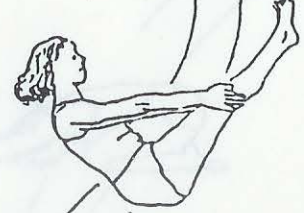


6) Ardha Matsyendrāsana (K) (Half Spinal Twist)

- 1) Chandra Namaskāra (Moon Salutation)
- 2) Cool-down Walk
- 3) Utthita Trikoṅāsana (Extended Triangle)
- 4) Parivṛtta Trikoṅāsana (Revolved Triangle)
- 5) Setu Bandha Sarvāṅgāsana (VP) (Half Bridge)
- 6) Ardha Matsyendrāsana (K) (Half Spinal Twist)
- 7) Ardha Nāvāsana (Half Boat)
- 8) Paripūrṇa Nāvāsana (Full Boat)
- 9) Śalabhāsana (VPK) (Locust)
- 10) Dhanurāsana (Bow)
- 11) Uṣṭrāsana (VP) (Camel)
- 12) Shashank Mudra (VPK) (Rabbit)
- 13) Sālamba Sarvāṅgāsana (VPK) (Shoulderstand)
- 14) Matsyāsana (PK) (Fish)
- 15) Crocodile Twist
- 16) Jānu Śirṣāsana (VPK) (Head-to-Knee)
- 17) Short Rest
- 18) Shitali Pranayama (Cooling Breath) or Left-Nostril Breathing (12 times)
- 19) Meditation seated in Virāsana (VP) (Hero)
So-Hum Meditation w/inhalation rising up the front of the spine recommended
- 20) Śāvāsana (Corpse)



9) Śalabhāsana (VPK) (Locust)



8) Paripūrṇa Nāvāsana (Full Boat)



7) Ardha Nāvāsana (Half Boat)